

# LEAD POISONING

New Hampshire  
**HEALTHY HOMES**  
& Lead Poisoning Prevention Program



## LEAD AND PREGNANCY

### Preventing Lead Poisoning in Pregnant and Breastfeeding Women

#### Lead Can Harm You and Your Baby

Symptoms of lead poisoning may be similar to those of a normal pregnancy. Take special care to avoid lead during your pregnancy.

- Get early prenatal care and talk to your doctor about your supplements and home remedies
- Stay away from peeling paint and repair work
- Eat foods high in Calcium, Iron, and Vitamin C
- Ask your doctor about getting more Calcium in your diet
- Wash your hands often
- Have someone wet mop & clean surfaces in your home that contain dust
- Don't use products and dishes containing lead
- Be extra careful with jobs or hobbies that involve working with lead
- If you eat or mouth non-food items, they could have lead in them (ex. paint chips, metal charms). Discuss this behavior with your doctor

#### YOUR BABY AND LEAD

##### Lead can be passed to babies during pregnancy

A woman can breathe in or swallow lead before or during her pregnancy. Lead can be stored in a person's bones for years. When a woman is pregnant and/or breastfeeding, lead in her body can be passed to her baby.

#### LEAD IN YOUR ENVIRONMENT

##### Be aware of lead hazards at home and work



- Homes built before 1978 may have lead paint
- Renovations can produce lead dust
- Jobs and hobbies like stained glass, painting & fishing can expose you to lead
- Imported cosmetics, candy, jewelry, medallions & charms may contain lead
- Home and natural remedies like Azarcon, Bala Goli, Pay-loo-ah, & Ba-baw-san may also contain lead

#### PROTECT YOURSELF AND YOUR BABY

##### Avoid lead when pregnant and breastfeeding

Lead in the blood causes health problems in mothers and babies

- Ask your doctor for a test if you have been exposed to lead
- Lead can cause high blood pressure in pregnant women
- Women exposed to lead may experience miscarriage
- Babies are at risk of being born premature or with a low birth weight
- Children exposed to lead in the womb are at risk for lower IQ and learning problems
- If you have an elevated blood lead level, talk to your doctor about breastfeeding
- Use cold tap water to make infant formula
- Get your baby lead tested at 1 and 2 years old

